

Randolph Senior Adults Association sets another record!

In about 90 days, RSAA has served over 30,000 meals in Randolph County!

Want to help feed seniors? Funding is always needed. Go to our website to make a donation.



If you leave home, know your Ws!



WEAR

a cloth covering over
your nose and mouth.



WAIT

6 feet apart. Avoid
close contact.



WASH

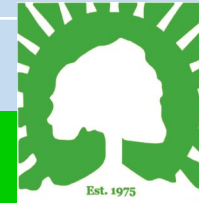
your hands or
use hand sanitizer.

@NCDHHS

#StayStrongNC

July 2020

To empower adults age 50 and over in Randolph County toward a life of personal independence, healthy aging, social connection and life-long learning.



RANDOLPH
**SENIOR
ADULTS**
ASSOCIATION



Supporting active aging across Randolph County

Branching Out

Stay at Home - 2nd Edition

Inside this issue

- Archdale Senior Center
- Asheboro Senior Center
- Liberty Senior Center
- Randleman Senior Center
- Our Place Adult Day Care
- Information & Options Counseling
- RCATS
- Recipes
- Puzzles



Website: www.senioradults.org



Facebook: Randolph Senior
Adults Association



Instagram: @Randolph Senior Adults

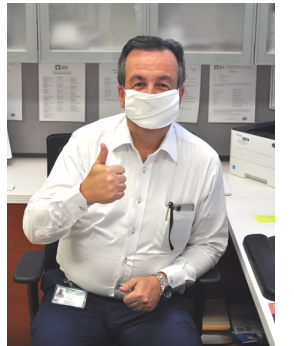


YouTube: Randolph Senior Adults

Update on Re-Opening Randolph Senior Adults

Message from Mark Hensley, RSAA Executive Director

With Governor Roy Cooper's announcement of June 24th regarding the reopening of North Carolina, the Randolph Senior Adults Association (RSAA) will remain closed for the foreseeable future. Unfortunately, the trends and trajectories that the Governor and the NC Department of Health and Human Services (NC DHHS) review have all worsened since we moved into Phase 2. The Governor has announced that Phase 2 will be extended until at least July 17th AND face masks will be required to be worn when people are out and about in an attempt to reverse the current trends.



For RSAA to reopen, we need for the Governor and the NC DHHS to state that the highest at-risk/vulnerable population (senior adults over 65) are able to resume normal daily activities AND that inside gatherings can be as large as 50 people. Until we hear that we have met these goals, our 5 centers (Archdale, Asheboro, Liberty, Randleman and Our Place Adult Day Care) will remain closed.



RANDOLPH SENIOR ADULTS ASSOCIATION

*The Harry and Jeanette Weinberg
Adult Resource & Education Center*
347 West Salisbury Street
Asheboro, NC 27203
336-625-3389 or 1-800-252-2899
Fax: 336-626-3590
Monday-Friday 7:00am-8:00pm
Saturday 9:00am-3:00pm

RCATS

*The Harry and Jeanette Weinberg
Adult Resource & Education Center*
347 West Salisbury Street
Asheboro, NC 27203
336-629-7433 or 1-866-580-8726
Monday-Friday 6:00am-6:00pm

ARCHDALE SENIOR CENTER

108 Park Drive
Archdale, NC 27262
336-431-1938
Monday-Friday 8:00am-5:00pm

ASHEBORO SENIOR CENTER

347 W. Salisbury St.
Asheboro, NC 27203
336-625-3389
Monday-Friday 8:00am-5:00pm

LIBERTY SENIOR CENTER

128 S. Fayetteville Street
Liberty, NC 27298
336-622-5844
Monday-Friday 8:00am-5:00pm

OUR PLACE ADULT DAY CARE

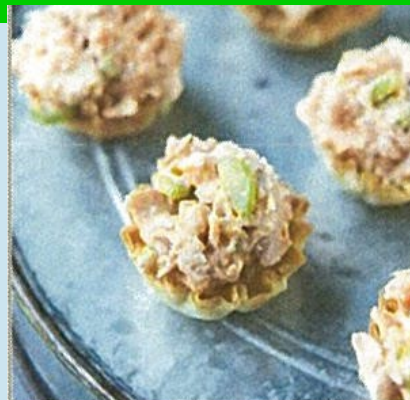
714 Farr Street
Asheboro, NC 27203
336-629-3787
Monday-Friday 7:00am-5:00pm

RANDLEMAN SENIOR CENTER

144 W. Academy Street
Randleman, NC 27317
336-498-4332
Monday-Friday 8:00am-5:00pm



Lite Summer Recipes



Amazing Chicken Salad Cuties A no-bake recipe

Ingredients:

- 2 cups canned chicken
- 1/3 cup chopped celery
- 1/4 cup mayonnaise
- 1 tablespoon Mrs. Dash table blend
- 1 package phyllo shells, thawed

Directions:

1. Combine chicken, celery, mayonnaise, and Mrs. Dash in a medium bowl.
2. Fill each phyllo shell with the mixture and serve.

Makes 24 servings



Healthy, Refreshing, Orange Congealed Salad

Ingredients:

- 1 Large container of Cool Whip, regular or fat free
- 1 Large Box Orange Jello, regular or sugar free
- 16oz. container of Cottage Cheese, regular or fat free
- Regular can Mandarin Oranges, drained well
- Regular can crushed Pineapple, drained very well
- Chopped Pecans, if desired

Directions:

1. Mix pack of dry Jello and Cool Whip until well blended.
2. Add in all other ingredients. Mix well.
3. Chill before serving.

The Preppy Possum Painting Kits Project

When the Randolph Senior Adults' centers closed due to the COVID-19 virus, The Preppy Possum painting studio wanted to provide seniors with painting kits for "stay at home" classes. Thus the project was born! Through The Preppy Possum's Facebook page, supporters were able to sponsor 48 kits that were distributed to the Asheboro, Liberty and Randleman Senior Centers and in-turn to their seniors. Kaffy Reynolds, Director of the Liberty Senior Center said "the seniors are so excited to have something to do at home! They also want to thank The Preppy Possum and those who sponsored the painting kits project." If you missed supporting the first round of kits, you can support the next round by visiting The Preppy Possum's Facebook page!

Thank you to The Preppy Possum for thinking of seniors in Randolph County!



The Preppy Possum assembled kits, above, and seniors worked on their masterpieces at home. Right, two examples of finished works.



RCATS Drivers Distribute Masks



Randolph Mask Making Project, a partnership with Randolph Quilters Guild, Sew Busy Ladies Group and RSAA, is a huge undertaking of community helping community. The project has evolved as the public's need for masks has continued to grow. To date, the project has produced over 2,000 masks!

In late March, Pineapple Fabrics in Archdale and Asheboro Elastics donated enough supplies to make 1,200 masks for those in need in Randolph County. The Guild cut the fabric and elastic, added the instructions and

volunteers stopped by the Center in Asheboro to pick up kits that made 20 masks each. Completed masks were returned to the Center. RSAA coordinated distribution of the finished masks.

In May, a goal was set of an additional 1,000 masks with donated fabric. Mask kits continued to be available at the Asheboro Center and volunteers returned the finished masks for distribution. Over 1,000 masks were made and returned in May. **Asheboro Elastics** donated a *second* spool of 1,500 yards of elastic, for a total donation of more than 3,000 yards of elastics for this project!

That's a total of over 2,000 masks made and donated in just over two months. That's a lot of masks! Where did they all go? So far, RSAA has given masks to many in Randolph County including: 450 masks to Randolph Health, 500 masks to Randolph Cancer Center, all RCATS drivers and all RSAA staff and family members have received masks, over 500 masks have gone out to our seniors and many more to individuals and local businesses.

RCATS drivers have given out hundreds to riders in Randolph and Montgomery counties.

The drivers have been an integral part of distributing masks to people in Randolph and Montgomery Counties. Many riders are on their way to doctor's appointments and are required to wear masks. The masks also provide protection while riding the bus and being in public. Without RCATS providing the masks, many riders would not have one.

If you would like to volunteer to make masks or if you need a mask, contact Ginger at 336-625-3389 or education@senioradults.org. There is no charge for a mask, one mask per person.

What's Happening at the Liberty Senior Center

What's happening at the Liberty Senior Center since we closed due to Covid-19? Staff and volunteers have been busy doing major cleaning in the kitchen, activity and multipurpose rooms, cleaning out files and file cabinets, straightening magazines, book shelves and supply closets. Seniors have also been called for wellness checks and "thinking of you", "get well" and "birthday day" cards have been mailed. Staff have been making activities packages of word search puzzles, hidden pictures puzzles, mystery state puzzles, fill-in the blank puzzles, crafts and recipes to be given out with frozen meals twice per month.

Meals have also been delivered to home bound seniors and picked up curb-side for congregate seniors.



Kaffy and Marie hard at work with volunteers preparing puzzle packets to be distributed with frozen meals.



The Liberty Senior Center's staff wants everyone to stay safe and look forward to seeing them soon!

Asheboro Senior Center

Tracey Walden, Director / Penny Tostoe, Assistant Director phone: 336-625-3389

WORD SEARCH

M R H N A M E L D N A R
A E S H E V I T C A F N
H B A A R M I L K G I A
M M W N H R O Y P I T E
E E S D I E U O G N I B
N M H S N M R G P G E R
U N I T E D W A Y P L E
E L I A S T A C R U A T
R I P H T L A E H O D T
A B A N O R O C T R H U
C E L U N C H F O G C B
I R R L E E S R L T R O
D T O P S E N I O R A O
E Y T U U L M E L A M M
M C R N R Z A N O V O E
S I O E Z Z S D V E V R
V M E O C U K B E L I C
I H R N K P A R A D E R
C S T E X P O I C A R E
O T A W G R T D I V O C
Q U I L T I N G S I N H
F H C E E A T E L A N E
R E H A P L A U G H A A
U L I S A N I T I Z E R
I P R H L C H O I R L T
T A S H E B O R O P C L

- | | |
|------------|------------|
| ACTIVE | LIBERTY |
| AGING | LOVE |
| ARCHDALE | LUNCH |
| ASHEBORO | MASK |
| BINGO | MEDICARE |
| BOOMER | MEMBER |
| BRIDGE | MENU |
| BUTTERBEAN | MILK |
| CARE | MOVIE |
| CHEER | NEW LEASH |
| CHOIR | PAL |
| CLEAN | PARADE |
| COOK | PUZZLE |
| CORONA | QUILTING |
| COVID | RANDLEMAN |
| EXPO | RCATS |
| FRIEND | SANITIZER |
| FRUIT | SENIOR |
| GERMS | SHIIP |
| GROUP | TAI CHI |
| HANDS | TRAVEL |
| HEALTH | UNITED WAY |
| HEART | VIRUS |
| HELP | WASH |
| LAUGH | YOGA |

The Harry and Jeanette Weinberg Adult Resource & Education Center

phone: 336-625-3389



Movie Trivia

Since COVID-19 struck in mid-March, many Senior Movies have been cancelled. Don't worry! The cancelled movies will be re-scheduled for 2021! The *hot* movie everyone has been waiting for, **Dirty Dancing** with Patrick Swayze, will also have to wait until next year. What a disappointment!

A little trivia about each movie and its stars follows to hold your interest until next year!

The Long, Long Trailer, 1954 - Filmed in beautiful Technicolor during the making of the classic TV series, *I Love Lucy*. The movie allowed viewers to see Lucy's bright red hair! (Red wasn't her natural color!)

Please Don't Eat The Daisies, 1960 - Starred superstitious Doris Day, who believed wearing a white outfit in a movie would insure its success. Watch for her white outfit in this hit movie!

RV, 2006 - Bill Murray, Michael Keaton, John Travolta, Jim Carrey and John Goodman were considered for Robin Williams' character.

Dirty Dancing, 1987 - The movie was filmed entirely in the mountains of North Carolina at Lake Lure. *Dirty Dancing* continues to be in the top 10 sexiest movies ever made!



Hopefully, the Senior Movie will return to the beautiful Sunset Theatre soon!

Senior Movies have been cancelled until further notice. The sponsors hope to resume movies as soon as it is safe to do so.
Watch for updates on Facebook and at www.senioradultsorg

Senior Movie Sponsored by:



Information & Options Counseling

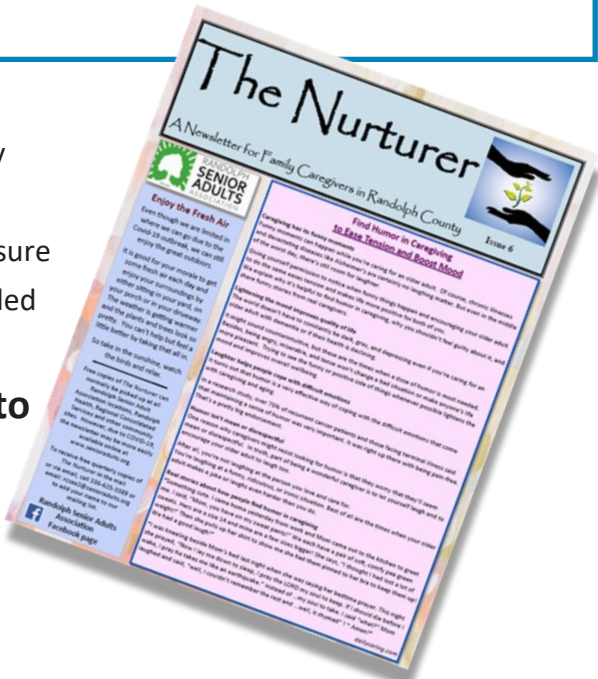
Margie DiDona, Director / Lisa Alley, Assistant phone: 336-625-3389

O P T I O N S C O U N S E L I N G B Z
E C N A T S I S S A E S A C G Z N P J
S S K I L L E D N U R S I N G J R M K
R N Z N D A P D E F C L I W T Q T D L
E T O L O I R T I A A V Y S N B P J B
R N L I I I I R R A I N I J P N N N V
U E I H T P T E E L C L S L X V N L R
T M S D S P G A D F S I E Y M B D D D
R E A E B I I E M R E H D E M N Z T Z
U L R N V V T R E R A R D E E J B R P
N P P E N S Q T C R O I V I M Y T Y P
E P R A I N T Z T S C F G N I S U O H
H U D S R I T X X A E R N G Y B M B X
T S S M S T E K R X A R N I M M L X R
T A N D J K D E B M K V P Z Z W L Y T

MEDICARE	FANS	RESPIRE	SUPPLEMENT
SHIIP	CAREGIVER	HOUSING	EXTRA HELP
INFORMATION	THE NURTURER	ASSISTED LIVING	MEDICAID
REFERRAL	SITTERS LIST	SKILLED NURSING	MARGIE
CASE ASSISTANCE	PRESCRIPTIONS	PART D	LISA
OPTIONS COUNSLING			

Are you a family caregiver, or do you know one?
Randolph Senior Adults publishes a quarterly family caregiver newsletter called *The Nurturer*. It can be picked up at many community locations, but to be sure you don't miss an issue, one can be mailed or emailed to you or downloaded from www.senioradults.org.

Call Margie or Lisa at 336-625-3389 to start receiving *The Nurturer* now!



Archdale Senior Center

Jo Reid, Director / Barbara Emery, Assistant Director phone: 336-431-1938

Laughter is the Best Medicine It's fun to share a good laugh, but did you know it can actually improve your health?

It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

Source: www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine

The Benefits of Laughter and Humor

Physical health benefits

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental health benefits

- Adds joy and zest to life
- Eases anxiety and tension
- Relieves stress
- Improves mood
- Strengthens resilience

Social benefits

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding



Magnolia Melodies spreads laughter and smiles to all of RSAA's centers.



Randleman Senior Center

Tana Skipper, Director phone: 336-495-4332

Farmside Funnies

Why do cows wear bells?
Because their horns don't work.

Why did the tomato blush?
Because it saw the salad dressing.

What road do horses live on?
Mane Street.

Where do you learn to
make ice cream?
Sundae school.

Jokes from *North Carolina Field & Family Magazine*, Summer 2020



Update on Re-Opening Randolph Senior Adults

Continued from front page

While closed, we will continue to provide 10 frozen meals to all of our Meal Program Clients every two weeks until we are allowed to reopen. **As a note, since we closed our centers on March 18th we have served over 33,000 meals to our Meal Program Clients.** In addition, RCATS has continued to run trips in Randolph and Montgomery counties. They have not missed a day of service since we closed our centers! The Information & Options Counselors remain available via telephone (336.625.3389) for your Medicare, health insurance, prescription drug and Family Caregiver needs.

All of us at RSAA miss you (our Clients) greatly and we want to be with you as soon as possible. However, your safety and the safety of our staff is our top priority! Stay safe and please let us know how we may assist you through this COVID-19 Pandemic.



Jessica Cain delivers frozen meals to Michael G., a Randleman Senior Center congregant member.



Our Place Adult Day Care

Chris Smith, Director / Linda Hutson, Activities Coordinator

phone: 336-629-3787

Safer at Home Summer with Our Place Adult Day Care



I don't think any of us were planning on our centers being closed for this long!
We want to do what is best for our health and for your health. So, remaining closed for now is what we must do. We look forward to reopening and seeing everyone again. Until then, please stay home as much as possible and stay safe.

Wear a mask, wash your hands, and wait at least 6 feet apart if you have to go out.

If we work together, we will get through this pandemic quicker!

Staff at Our Place wants to say "Hi!" and "We miss you!" to:

Alberto, Sue, Perry, Gladys, Donna, Delores, Don, Mark, Kay

Bart, Larry, Bessie, George, Zelda, Jean, and Evelyn

We hope to see you soon!

Chris, Linda, Pearl, and Misty

Our Place Adult Day Care serves adults who want to live at home, yet desire companionship or require help with daily living activities. This program also suits adults who need assistance during the day, but are cared for by family in the evening. Adult Day Care contributes to a richer, more enjoyable life by providing activities that promote mental and physical wellbeing.

Activities include: *Social Arts and Crafts *Educational Programs *Games *Music & Song *Discussion Group
*Friendship and Peer Support *Community Involvement *Exercise

We are located at 714 Farr St. in Asheboro.

This institution is an equal opportunity provider.